

POLISH SYSTEM OF CHILDREN AND YOUNG PEOPLE'S FOOTBALL TRAINING IN THE OPINION OF THE COACHES

Dariusz Mucha¹, Karol Görner², Robert Makuch³, Adam Jurczak⁴, Jože Štihec⁵

¹*Institute of Human Physiology, Academy of Physical Education, Cracow. Podhale Higher Professional School in Nowy Targ, Institute of Physiotherapy.*

²*Department of Physical Education and Sports, Faculty of Humanities, Matej Bel University in Banská Bystrica, Slovakia & UE Institute of Touristic in Cracow, Poland.*

³*Institute of Physical Culture and Pedagogy – The establishment of Physical Education and Health, Technical University of Radom.*

⁴*Institute of Human Physiology, Academy of Physical Education, Cracow.*

⁵*Faculty of Sport, University of Ljubljana, Slovenia.*

Original scientific paper

Abstract

Strategic objective of young players' training should be supplying league teams with comprehensively trained and motivated 18-year-old athletes. The main aim of the training process is to get "a complete, comprehensive player" predisposed in "senior age", in order to achieve the masterly level. It is not obtaining current (ad hoc) results at any cost though. Without the connection of the theory with practice there are no reliable results in the longer term and, above all, the proper conduct of the player from the early period of being an abecedarian to an advanced senior level. The flywheel development of football is the training of children and young people according to the European and world standards.

Keywords: *football, Polish training system*